

Sun-Dried Tomato and Basil White Bean Burger

Ingredients

2 cans white kidney beans, drained and rinsed
1/2 medium onion, roughly chopped
3 cloves garlic
1/2 cup sun-dried tomatoes (from a bottle packed in olive oil), patted dry
4-5 medium basil leaves
pinch salt
pinch pepper
1/3 cup almond meal
1-2 tbsp olive oil

Preparation

1. Place about 3/4 of the beans (eyeball it), onion, garlic, sun-dried tomatoes, basil, salt and pepper in your food processor. Blend for 30-45 seconds until combined. Transfer to a large mixing bowl. Stir in almond meal and remaining beans.
2. Heat olive oil on a large skillet over medium heat. Form mixture into 6 patties and carefully transfer to the skillet. Cook for about 5-7 minutes until the bottom is browned and set. Very carefully flip and cook for an additional 4-6 minutes until the opposite side is browned and set as well. Serve immediately, or store refrigerated in an airtight container for up to 1 week.

